Here are a few suggestions to make small changes that can save both your money and the planet!

Reduce heating costs 🌡️
Lower your thermostat by 1°C and save up to 5% on energy bills. Wear warm layers to stay cozy instead of cranking up the heat.

Plan your meals 🍽️
Cut down on food waste by planning weekly meals and using leftovers creatively

Cut Out Single-Use Plastics 🚫
Start the year by reducing single-use plastic items. Switch to reusable bags, containers, and bottles to save money and help reduce plastic pollution. It's an easy yet impactful way to live more sustainably and cut down on costs.

Repurpose and Recycle 🔄
Rather than buying new items, get creative with repurposing what you already have or recycling old materials. This reduces waste and cuts down on unnecessary spending, while also helping to conserve resources.

Unplug idle electronics 🔌
Many devices consume energy even when not in use. Unplug chargers, appliances, and gadgets or use power strips to easily turn off multiple devices at once. This can lower your electricity bill and reduce energy waste.

Vote!
Get informed about climate policies and think carefully about how you vote in the upcoming provincial and federal elections.